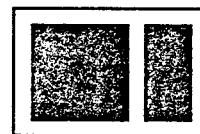

Amana® *Radarange*

MICROWAVE OVEN

Use & Care Manual



Models:

RSL459P

RSW459P

RSBG459P

800 Watts*

*Wattage rating based on the IEC 705 test. The prior one liter test method resulted in a 700 watt rating.

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Record in the space below the Model No., Manufacturing (Mfg.) No. and Serial No. found on the nameplate of your oven. The nameplate is located on the upper left side wall of the oven interior.

Model No. _____

Mfg. No. _____

Serial No. _____

Date Installed _____

Selling Dealer _____

Retain these numbers and your Sales Receipt for proof of purchase should warranty questions arise. Your Sales Receipt is required if warranty service is needed. Complete the registration card, which is included with the packet that comes with the oven. This must be filled out and returned to Amana Refrigeration, Inc. Federal regulations require that all manufacturers of microwave ovens have a permanent record of the owners of each oven.

IMPORTANT SAFETY INSTRUCTIONS



Recognize this symbol as a SAFETY message

WARNING

WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD BE FOLLOWED TO REDUCE THE RISK OF BURNS, ELECTRICAL SHOCK, FIRE, INJURY TO PERSONS OR EXPOSURE TO EXCESSIVE MICROWAVE ENERGY:

1. READ all instructions before using the appliance.
2. READ AND FOLLOW the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 5.
3. This appliance **MUST BE GROUNDED**. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 4.
4. Install or locate this appliance **ONLY** in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers — for example, closed glass jars — may explode and **SHOULD NOT** be HEATED in this oven.
6. Use this appliance **ONLY** for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, **CLOSE SUPERVISION** is necessary when used by **CHILDREN**.
8. **DO NOT** operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced **ONLY** by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. **DO NOT** cover or block any openings on the appliance.
11. **DO NOT** store this appliance outdoors. **DO NOT** use this product near water — for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord **AWAY** from **HEATED** surfaces.
14. **DO NOT** let cord hang over edge of table or counter.
15. See door cleaning instructions on page 19.

TO REDUCE THE RISK OF FIRE IN THE OVEN CAVITY:

- a. **DO NOT OVERCOOK FOOD**. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. **REMOVE WIRE TWIST-TIES** from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel. **IF THE DOOR IS OPENED THE FIRE MAY SPREAD!**
 - d. **DO NOT** use the cavity for storage purposes. **DO NOT** leave paper products, cooking utensils, or food in the cavity when not in use.
- THIS APPLIANCE MUST BE SERVICED ONLY BY QUALIFIED SERVICE PERSONNEL. CONTACT OUR NEAREST AUTHORIZED SERVICE FACILITY FOR EXAMINATION, REPAIR OR ADJUSTMENT.**

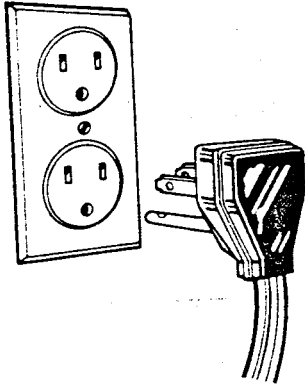
SAVE THESE INSTRUCTIONS

UNPACKING THE OVEN

Inspect the oven for any damage such as dents or holes in the screen of the door or dents inside the oven cavity. Any dents or breakage should be

reported to your Amana dealer immediately. You will be told if the unit will operate correctly.

GROUNDING INSTRUCTIONS



INSURE PROPER GROUND
EXISTS BEFORE USING

This appliance **MUST** be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. **DO NOT** use a two-prong adaptor.

▲ WARNING — Improper use of the grounding plug can result in a risk of electric shock.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The extension cord must be rated at a minimum of 15 amps, 120 volts, and should be no more than six feet in length. This oven should be plugged into a separate 120 volt, 15 amp, 60 hertz circuit. When a microwave oven is on a circuit with other appliances, an increase in cooking times may be required and fuses can be blown.

POWER SUPPLY CORD

- A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- Longer cord sets or extension cords are available and may be used if care is exercised in their use.
- If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

OVEN PLACEMENT

DO NOT build the oven in with the sides, top or bottom airflow restricted. The oven must have sufficient airflow around it. If you wish to build in this Radarange Microwave Oven, use **ONLY**

Amana model "RS" trim kits that have a label identifying which Amana Radarange Microwave Oven Model Series may be used. Trim kits can be purchased from your Amana Dealer.

SAFETY INSTRUCTIONS CONT.

Read and Follow These Rules for Safe Operation.

This microwave oven is designed to be safe and reliable. As with all appliances, there are certain rules to follow. Make sure everyone who cooks with this oven is familiar with this product's operation and with these precautions.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **DO NOT** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **DO NOT** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **DO NOT** operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (a) Door (bent); (b) hinges and latches (broken or loosened), (c) door seals and sealing surfaces.
- (d) The oven should **NOT** be adjusted or repaired by anyone except properly qualified service personnel.

PRECAUTIONS

- (a) Always press **STOP/RESET** before programming the oven.
- (b) **▲WARNING: Liquids** must be briskly stirred or poured (to mix in air) before being heated in a microwave oven. If air is not mixed into a liquid, the liquid can erupt in the oven or after removal from the oven.
- (c) **Eggs** must **NOT** be cooked or reheated in the shell, or with an unbroken yolk. To do so may result in a pressure build-up and eruption. Pierce the yolk with a fork or knife before cooking. Do **NOT** reheat previously cooked eggs in the microwave oven unless finely chopped or scrambled.
- (d) **Home canning** must **NOT** be done in a microwave oven. Home canning is generally done with metal lids. Since metal lids reflect microwaves, you cannot be assured that the food product will be heated uniformly to 212°F or above, and there is a probability of deterioration of the food product. USDA extension specialists do not recommend home canning in microwave ovens.
- (e) **Deep fat frying** must **NOT** be done in any microwave oven. The fat could overheat and be hazardous to handle.
- (f) **▲WARNING: Do not heat sealed containers in any microwave oven.** Containers with restricted openings such as syrup bottles or baby food jars must **NOT** be used for cooking. Food or liquid could expand quickly and cause the container to break.
- (g) **Regular cooking thermometers** must **NOT** be used in a microwave oven. Most cooking thermometers contain mercury and may cause "arcing", malfunction, and/or damage to the oven.
- (h) **Plastic bags (and other airtight containers)** must always be pierced or opened before heating in a microwave oven. This is needed to allow steam to escape during cooking.
- (i) **Metal or ceramic accessories** which have been specially designed to absorb microwave energy to provide heat ("active" accessories such as browning skillets) may be used with caution. Be sure to test any such device before use and to carefully read and follow manufacturer's instructions provided with the accessory. Any questions concerning these accessory products should be referred to the accessory manufacturer. Amana Refrigeration, Inc., does not endorse any brand of accessory. Remember that all microwave accessories are not "top quality;" some may not be suitable for microwave cooking. Caution must be used when purchasing microwave accessories.
- (j) **Newspapers** must **NEVER** be used in a microwave oven since they may ignite.
- (k) **Paper towels** which contain nylon or other synthetic fibers woven through them must **NOT** be used because the heated synthetics could melt and cause the paper to ignite.
- (l) **Use only popcorn in packages designed and labeled for microwave use.** Pop according to package directions, beginning with the **MINIMUM** amount of time recommended. Pop until bag has expanded and there are one to two seconds between pops. Popcorn yields may vary. Do **NOT** continue to heat after popping has stopped, since popcorn will scorch or burn. Do **NOT** leave oven unattended. Use caution when handling the hot popcorn bag.
- (m) **If you're using a microwave popcorn popper,** use according to manufacturer's instructions. Do **NOT** continue to heat after popping has stopped, since popcorn will scorch or burn. Do **NOT** leave oven unattended.
- (n) **Microwave convenience foods** are often packed in specially designed packaging. Special plates, lids, containers, or other unique packaging materials may be used. Susceptor packing material (a thin, metallized plastic film) is frequently used to help brown and crisp foods such as microwave pizzas, French fries or fish sticks. When using micro-

PRECAUTIONS CONT.

wave convenience foods with susceptor packaging or other special packaging materials, read and follow the instructions on the food package carefully. Any questions concerning microwave susceptor packaging or other special packaging materials should be referred to the manufacturer of the food product in question. Amana Refrigeration, Inc., does **NOT** endorse any brand of microwave convenience foods, or any particular type of microwave food packaging. Caution must be used when purchasing microwave convenience foods in special packaging.

- (o) **Pot Holders** may be needed for microwave cooking. Containers can become hot when heat is transferred from cooked food.
- (p) **Potatoes, tomatoes or other foods with a "skin"** must only be cooked in the microwave oven after the skin has been pierced. All foods with an outer skin or membrane must be pierced to allow steam to escape during cooking.
- (q) Do not leave the microwave oven unattended when drying **anything**. Foods or items being dried can become too dry and can ignite. If anything does ignite, keep the oven door closed and disconnect the power cord, or

shut off power at the fuse or circuit breaker panel. Open the oven door only after the fire ceases.

- (r) **Excess fat drippings** from meats and poultry should be removed during cooking to prevent spattering.
- (s) **We do not recommend operating the microwave oven when the oven is empty.** Damage to the oven can occur if the oven is operated empty for an extended period of time.
- (t) **All uncooked foods should be heated to a final internal temperature of at least 165°F.** For some foods, higher temperatures are recommended. The recommended temperatures for these foods kill most foodborne, disease causing organisms. Some common visual signs that indicate the cooking temperature has been reached:
 - Food steams throughout, not just around the edges.
 - Center bottom of dish is very hot to the touch.
- (u) **Closely supervise children** when they're cooking. Make sure they can read instructions and reach the controls. Never permit them to lean or swing on the door.

CHANGING OVEN SIGNAL

Your oven features an entry signal and an end-of-cycle signal that is programmed to be on, but can be deactivated, if you choose. The entry signal is set to "beep" whenever a pad is pressed. It confirms the oven has "read" and accepted your instructions. The end-of-cycle signal is set to "beep" at the end of the cooking time or when food has reached a set temperature. Three of the preprogrammed pads (pad 4, **FROZEN VEG.**; pad 7, **POTATO**; and pad 0, **PIZZA**) can be set to have a half time signal. This "beep" sounds 1/2 way through the cooking time. It acts to remind you to stir the vegetables, turn over the potatoes, or turn the pizza.

Follow these instructions, to cancel the entry signal or end-of-cycle signal or to add the 1/2 time signal:

1. **Press and hold MEMORY SET for 5 seconds.** "OP:10" or "OP:11" will be displayed. (See chart for definition of signal options.)
2. **To change the signal option, press 0 if you wish to deactivate the entry signal. Press 1 if you wish to activate the entry signal.**
3. **Press MEMORY SET.** "OP:20" or "OP:21" will be displayed. You are now ready to change the signal option for the end-of-cycle signal, if desired.
4. **Advance to the next signal option by pressing MEMORY SET.**
5. **To exit the signal option mode, press STOP/RESET once.**

SIGNAL OPTIONS

| Option Number | Option Function |
|---------------|--|
| OP:10 | Prevents a beep signal from sounding when a pad is pressed. |
| OP:11* | Allows a beep signal to sound when a pad is pressed. |
| OP:20 | Prevents the end-of-cycle signal from sounding when heating time is over.** |
| OP:21* | Allows a signal to sound at the end of the heating time and timer cycle. |
| OP:30* | Prevents a signal from sounding halfway through the heating time. |
| OP:31 | Allows a signal to sound halfway through the heating time for preprogrammed pads 4, 7 and 0. |

*As shipped from factory

** It also prevents the end of timer signal from sounding.

Handwritten note:
0 - No
1 - Yes

CHECKING OVEN OPERATION

A. Oven Light

The oven light will come on when the door is opened. It will also come on when the oven is operating.

B. Set the Clock

1. **Press CLOCK.** "CLOCK" will be displayed.

2. **Enter the time of day.** For example, if it is 10:35 (a.m. or p.m.) press number pads **1,0,3,5**, in that order.

3. **Press CLOCK again.** The clock is now set. If oven power is interrupted (for example, if the supply circuit is disconnected, or if there is a power failure) all programming

Instructions will be erased. When power is reconnected, dashes will appear in the display. You must then reset the clock as indicated above.

C. Check operation of the interlock systems. The **START** and **STOP/RESET** pads turn the oven on and off. Microwave energy is generated only when the door is closed, cooking time or temperature has been set, and **START** has been pressed. In addition, the oven has interlock switches to assure no microwave energy is generated when the door is open. To check or remove food before the cooking time has elapsed, you may either press **STOP/RESET** or open the oven door to turn the oven off. Before the oven door opens, hidden interlock switches sense the motion of the door handle and automatically turn the oven off.

Here is how you may check the operation of **START**, **STOP/RESET** and the interlock switches:

1. Place a glass of water in oven and close oven door.
2. Press **TIME ENTRY**.
3. Press **5**, then **0**.
4. Press **START**. The oven should operate and the oven light should come on.
5. Press **STOP**. The oven should shut off immediately and the sound of the motor should cease. The oven light should go out.
6. Open oven door fully. The oven light should come on when the door is opened.
7. Press **STOP/RESET**.

If under any of the preceding conditions the oven does not operate as stated, do not use it. Call your Amana dealer or authorized service agency.

THE CONTROL PANEL

READOUT DISPLAY — Normally shows time of day.

- Shows remaining time when cooking by time or using the Timer.
- Shows actual or set temperature when cooking to temperature.

MEMORY SET — Used to change the preset time of each of the preprogrammed pads. See page 18.

TIME ENTRY — Used when changing the time and/or cookmatic power level for the preprogrammed food pads. Press after the pad number but before entering the new heating time. See page 18.

ACCU-TEMP — Used to cook by temperature. Press after first inserting the probe into the probe plug on the interior oven wall. See page 17.

MEAT, POULTRY, FISH — Programs the oven to defrost each specific item by weight. See page 15.

ACCU-THAW — Programs the oven to defrost food by time. See page 10.

COOKMATIC LEVEL — Programs cooking power level lower than full power. See page 9.

STOP/RESET

- Press once to stop the oven when operating.
- Press twice to cancel mistakes.

START — Starts oven operation.

TIMER — Lets you time a separate task, even if the oven is cooking. See page 9.

LOCK

- Programs the oven to lock all key pads so they can not be used.
- Programs the custom lock function so only one pad of your choice can be used. See page 18.

NUMBERS

- Press after Time Entry when programming the oven to heat by time.
- Press one number pad, after Accu-Temp, that represents the desired end heating temperature.

REHEAT 1 — Programmed to heat for 15 seconds.



| | | |
|---|------------------|-------|
| TIME ENTRY ACCU-TEMP 1 - 110° 2 - 120° 3 - 130° 4 - 140° 5 - 150° 6 - 160° 7 - 170° 8 - 180° 9 - 190° | REHEAT | 1 |
| AUTO ACCU-THAW | REHEAT | 2 |
| MEAT | REHEAT | 3 |
| POULTRY | FROZEN VEGETABLE | 4 |
| FISH | MINI-MEAL | 5 |
| ACCU-THAW | SOUP | 6 |
| COOKMATIC LEVEL | POTATO | 7 |
| MEMORY SET | HOT DRINK | 8 |
| STOP/RESET | POPCORN | 9 |
| START | PIZZA | 0 |
| TIMER | LOCK | CLOCK |

REHEAT 2 — Programmed to heat for 1:00.

REHEAT 3 — Programmed to heat for 2:45.

FROZEN VEG. PAD — Programmed to heat a 9-10 oz. package of frozen vegetables for 6:00.

MINI MEAL PAD — Programmed to heat one 7½-8½ oz. single serving lunch meal for 1:30. This pad can heat up to four mini meals at one time.

SOUP PAD — Programmed to heat a 10½-11 oz. size serving of soup for 2:00. This pad can heat up to four servings of soup at one time.

POTATO PAD — Programmed to cook one 6-7 oz. size baking potato for 3:30. This pad can cook up to eight potatoes at one time.

HOT DRINK PAD — Programmed to heat one cup of your favorite beverage for 1:45. This pad can heat up to four individual cups of liquid at one time.

POPCORN PAD — Programmed to pop one 3.5 oz. package of microwave popcorn for 3:13.

PIZZA PAD — Programmed to heat one single serving microwave pizza for 4:30.

CLOCK — Sets time of day. See page 6.

IF YOU MAKE A MISTAKE

- If the oven is not operating yet, press **STOP/RESET**. This cancels everything. You must program the oven again.
- If the oven is operating, and it appears to be doing something you don't want it to do, press **STOP/RESET** once to stop the oven. Press **STOP/RESET** a second time to cancel everything. You may now program the oven again.

THE ERROR SIGNAL

- The oven will sound an Error Signal (a short tone) when you attempt to program something illogical:
- If you attempt to program a Cookmatic Level with Accu-Thaw
 - If you attempt to enter or exit a lock mode and an incorrect sequence of digits is entered.
 - If you attempt to enter an invalid clock time.

USING THE PREPROGRAMMED CONVENIENCE FOOD PADS

Your oven features ten preprogrammed number pads specifically designed to cook some of the more popular microwaveable foods fast and easy using full power. The chart below outlines each preprogrammed pad in detail.

| Pad Number | Pad Name | Preprogrammed Time | Uses | Instructions | Notes | | | | | | | | | | |
|--------------------------------------|-------------|--------------------|---|--|--|--------------------------------------|-----------|----------------------------|-----------|---|-----------|--|---|--|--|
| 1 | REHEAT | 15 seconds | Reheat a cinnamon roll or soften butter. | | | | | | | | | | | | |
| 2 | REHEAT | 1:00 min. | Reheat a slice of pizza or cook a scrambled egg. | | | | | | | | | | | | |
| 3 | REHEAT | 2 min., 45 sec. | Reheat a plate of food or a cheese spread. | | | | | | | | | | | | |
| 4 | FROZEN VEG. | 6:00 min. | <p>Designed to cook a 9-10 oz. package of frozen vegetables to serving temperature.</p> <p>Follow these guidelines to reprogram the pad to cook other package sizes of frozen vegetables.</p> <table border="1"> <thead> <tr> <th>Package Size</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>4-5 oz.</td> <td>2:45-3:15</td> </tr> <tr> <td>6-8 oz.</td> <td>4:30-5:00</td> </tr> <tr> <td>12-16 oz.</td> <td>8:00-9:00</td> </tr> <tr> <td>28-32 oz.</td> <td>15:00-17:00</td> </tr> </tbody> </table> | Package Size | Time | 4-5 oz. | 2:45-3:15 | 6-8 oz. | 4:30-5:00 | 12-16 oz. | 8:00-9:00 | 28-32 oz. | 15:00-17:00 | <p>Empty the contents of the package into a 1-1½ quart casserole dish. Heat, covered. Stir halfway through the cooking time. Note: If heating vegetables in a pouch, pierce pouch before heating.</p> | <p>A beep can be programmed to sound halfway through the cooking time to remind you to stir the vegetables. See page 6 for instructions.</p> |
| Package Size | Time | | | | | | | | | | | | | | |
| 4-5 oz. | 2:45-3:15 | | | | | | | | | | | | | | |
| 6-8 oz. | 4:30-5:00 | | | | | | | | | | | | | | |
| 12-16 oz. | 8:00-9:00 | | | | | | | | | | | | | | |
| 28-32 oz. | 15:00-17:00 | | | | | | | | | | | | | | |
| 5 | MINI MEALS | 1 min., 30 sec. | <p>Designed to heat a 7½-8½ oz. (room temperature) lunch sized serving mini meal, such as Hormel Micro Cup™, Chef Boyardee® Microwave Meals and Lunch Buckets, to serving temperature. Up to four individual meals can be heated at one time. See page 9 for instructions. Follow these guidelines to reprogram the pad to heat other single serving meals.</p> <table border="1"> <thead> <tr> <th>Package Size</th> <th>Time*</th> </tr> </thead> <tbody> <tr> <td>7½-8½ oz. (refrigerated temperature)</td> <td>1:55-2:10</td> </tr> <tr> <td>10½ oz. (room temperature)</td> <td>2:20-2:30</td> </tr> <tr> <td>10½ oz. (refrigerated temperature)</td> <td>3:35-3:45</td> </tr> </tbody> </table> | Package Size | Time* | 7½-8½ oz. (refrigerated temperature) | 1:55-2:10 | 10½ oz. (room temperature) | 2:20-2:30 | 10½ oz. (refrigerated temperature) | 3:35-3:45 | <p>Prepare the mini meal for heating per the package instructions. Stir soups before heating to prevent boil overs. Stir all mini meals before serving.</p> | | | |
| Package Size | Time* | | | | | | | | | | | | | | |
| 7½-8½ oz. (refrigerated temperature) | 1:55-2:10 | | | | | | | | | | | | | | |
| 10½ oz. (room temperature) | 2:20-2:30 | | | | | | | | | | | | | | |
| 10½ oz. (refrigerated temperature) | 3:35-3:45 | | | | | | | | | | | | | | |
| 6 | SOUP | 2:00 min. | <p>Designed to heat a 10½-11 oz. can of ready-to-eat soup to serving temperature. Up to four individual servings of soup can be heated at one time. See page 9 for instructions.</p> | <p>Stir soup vigorously or pour from the can into the serving bowl before reheating to prevent boil overs. Cover with vented plastic wrap, for faster more even heating.</p> | | | | | | | | | | | |
| 7 | POTATO | 3 min., 30 sec. | <p>Designed to cook a 6-7 oz. baking potato. Up to 8 potatoes can be cooked at one time. Follow these guidelines to reprogram the pad to cook other sizes of potatoes.</p> <table border="1"> <thead> <tr> <th>Weight</th> <th>Time*</th> </tr> </thead> <tbody> <tr> <td>5-6 oz.</td> <td>2:55-3:05</td> </tr> <tr> <td>9-10 oz.</td> <td>4:40-4:50</td> </tr> <tr> <td>11-12 oz.</td> <td>4:50-5:10</td> </tr> </tbody> </table> | Weight | Time* | 5-6 oz. | 2:55-3:05 | 9-10 oz. | 4:40-4:50 | 11-12 oz. | 4:50-5:10 | <p>Pierce the skin of the potato with a fork to allow steam to escape during cooking. Place in the oven on a microwave-safe paper towel. Turn over halfway through the cooking time. Let stand 2 minutes before serving.</p> <p>Note: If cooking more than one potato, arrange in a circular pattern on the microwave-safe paper towel.</p> | <p>A beep can be programmed to sound halfway through the cooking time to remind you to turn the potato(es) over. See page 6 for instructions.</p> | | |
| Weight | Time* | | | | | | | | | | | | | | |
| 5-6 oz. | 2:55-3:05 | | | | | | | | | | | | | | |
| 9-10 oz. | 4:40-4:50 | | | | | | | | | | | | | | |
| 11-12 oz. | 4:50-5:10 | | | | | | | | | | | | | | |
| 8 | HOT DRINK | 1 min., 45 sec. | <p>Designed to heat a room temperature 6-8 oz. cup of your favorite hot drink, i.e. coffee, tea or cider. Up to four individual cups can be heated at one time. See page 9 for instructions.</p> | <p>Note: To prevent boil overs when heating cocoa, heat the water before adding the cocoa mix.</p> | | | | | | | | | | | |
| 9 | POPCORN | 3 min., 13 sec. | <p>Designed to pop most 3.5 oz. packages of microwave popcorn. Specialty popcorn i.e. cheese, caramel or toffee flavors may take less time to pop.</p> <p>Follow these guidelines to reprogram the pad to pop different size bags of popcorn.</p> <table border="1"> <thead> <tr> <th>Weight</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1.5-1.75 oz.</td> <td>2:00-2:15</td> </tr> <tr> <td>7 oz.</td> <td>5:45-6:00</td> </tr> </tbody> </table> | Weight | Time | 1.5-1.75 oz. | 2:00-2:15 | 7 oz. | 5:45-6:00 | <p>Follow package directions for popping.</p> | | | | | |
| Weight | Time | | | | | | | | | | | | | | |
| 1.5-1.75 oz. | 2:00-2:15 | | | | | | | | | | | | | | |
| 7 oz. | 5:45-6:00 | | | | | | | | | | | | | | |
| 0 | PIZZA | 4 min., 30 sec. | <p>Designed to cook a single serving 7" round or 4½" deep dish pizza or a 7" x 3" x 3½" french bread pizza. For best results, choose pizzas which have packaging that enhance crispness and browning.</p> | <p>Prepare the pizza for cooking per the package instructions. Turn the pizza a quarter-turn halfway through the cooking time.</p> | <p>A beep can be programmed to sound halfway through the cooking time to remind you to turn the pizza a quarter-turn. See page 6 for instructions.</p> | | | | | | | | | | |

*NOTE: To cook multiple items, reprogram the oven for the time recommended for one serving. The oven will automatically calculate the time for cooking more than one serving. See page 18.

USING THE PREPROGRAMMED FOOD PADS

1. Place the food in the oven and close the oven door.

2. Press **STOP/RESET** to clear the display.

3. Press the desired preprogrammed pad. The preprogrammed time and "MICRO" will be displayed.

NOTE: If you press any of the multiple food pads, **MINI MEAL, SOUP, POTATO** or **HOT DRINK**, a "1" and two letters representing the pad name will be displayed. For example if you press

5. "LU" (for Lunch) will be displayed.

4. Press **START**. The oven will operate and the time will count down. "MICRO" and "POWER" will be displayed.

5. The oven will stop and sound a signal at the end of the cooking time.

NOTE: To stop the oven, press **STOP/RESET** once.

To clear the display, press **STOP/RESET** twice.

USING THE PREPROGRAMMED FOOD PADS TO COOK MULTIPLE FOOD ITEMS

For added convenience and quickness, the **MINI MEAL, SOUP** and **HOT DRINK** pads will calculate the time to heat up to four individual servings automatically. The **POTATO** pad can calculate the time to heat up to 8 potatoes automatically.

1. Place the food in the oven and close the door.

2. Press **STOP/RESET** to clear the display.

3. Press **MINI MEAL, SOUP, POTATO**

or **HOT DRINK** the number of times equal to the number of individual servings you plan to cook at one time.

The number and two letters representing the pad name will be displayed. For example, to heat three individual bowls of soup, press **SOUP** three times. A "3" and "SP" will be displayed.

4. Press **START**. The oven will operate and the time will countdown. "MICRO" and "POWER" will be displayed.

5. The oven will stop and sound a signal at the end of the cooking time.

NOTE: To stop the oven, press **STOP/RESET** once.

To clear the display, press **STOP/RESET** twice.

COOKING WITH FULL POWER

1. Place food in the oven and close the door.

2. Press **STOP/RESET** to clear the display.

3. Press **TIME ENTRY**. "MICRO" and a "0" will be displayed.

4. Press numbers for cooking time. (To cook 1 minute and 10 seconds, press **1,1,0**.) The display will show the time you

have set. If you make a mistake, press **STOP/RESET** once and return to step 3.

5. Press **START** and the oven will begin to operate. "MICRO" and "POWER" will be displayed to indicate the oven is cooking.

6. The oven will stop and sound a signal at the end of the cooking time.

COOKING WITH DIFFERENT COOKMATIC POWER LEVELS

Just as some foods cook better conventionally at lower rather than higher oven temperatures, some foods cook better at lower rather than higher microwave power levels. This oven has 10 power levels, each well-suited for different types of foods. The cookbook provided with this oven specifies the proper power levels to be used for optimum cooking. When no power level is programmed, the oven operates at Full Power.

1. Place food or water in oven and close door.

2. Press **STOP/RESET** to clear display.

3. Press **TIME ENTRY**. "MICRO" and "0" will be displayed.

4. Enter numbers for the cooking time. The time will appear in the display.

5. Press **COOKMATIC LEVEL**. "Cook Level" will appear in the display.

6. Press the number for the desired Cookmatic level. The number will appear in the display. For example, to cook at level 8, press **8**, which is 80% of full power.

7. Press **START** and the oven will operate. The display will show "MICRO", and the power level selected (for example, "8 COOK LEVEL" for Level 8). The magnetron tube cycles on and off to cook at lower power levels, so "POWER" flashes on and off accordingly as microwave energy is produced.

8. To change a power level, press **STOP/RESET** once to stop the oven. Press **COOKMATIC LEVEL** and then the new power level.

9. The oven will stop and sound a signal at the end of the cooking time.

USING THE INDEPENDENT TIMER

You can use the oven like an independent timer to time mixing, sleeping or even telephone calls.

1. Press **TIMER**. "TIMER" will be displayed.

2. Enter digits for the amount of time desired.

3. Press **TIMER**. The display will count down and show "TIMER" indicating the timer function is being used.

4. A signal will sound when the time has elapsed.

To erase the time from the display before the time has elapsed.

1. Press **TIMER**.

2. Press **0**. "0" will be displayed.

3. Press **TIMER**. The clock will be displayed.

DEFROSTING BY TIME WITH ACCU-THAW

Most frozen foods can be defrosted quickly by using Accu-Thaw, which automatically selects various power levels for optimum defrosting results, without much of the premature cooking that occurs with many ordinary microwave oven defrost cycles. It pulses microwave energy on and off at the proper power levels. During the "on" periods, the exterior of the food is heated. During the "off" periods, heat is conducted to the interior of the food, allowing uniform defrosting with little or no cooking on the exterior. **Note:** Most foods must be defrosted completely before cooking. If ice crystals remain inside of foods, cooking will be uneven because the outside of the food will be done, but the inside will be underdone. Consult the charts on the following pages when using Accu-Thaw.

To defrost using ACCU-THAW:

1. **Place frozen food inside the oven and close the door.** If food is inside a plastic bag, slit the bag to allow steam to escape.
2. **Press STOP/RESET** to clear the display.
3. **Press ACCU-THAW.** "0" and "DEFR" will be displayed.
4. **Enter the desired defrosting time.** Start with short amounts of time and increase as needed.
5. **Press START** and the oven will operate. "DEFR" will be displayed indicating the oven is programmed to defrost. Microwave power cycles on and off automatically, as indicated by "POWER" flashing on and off.
6. **The oven will stop and sound a signal** at the end of the defrosting time.

ACCU-THAW DEFROSTING GUIDE

Use this guide when using Accu-Thaw to defrost foods. The cookbook introduction provides General Hints for Defrosting Foods. These hints and other defrosting tips throughout the cookbook can be used with the Accu-Thaw feature. However, if you decide to use any defrosting charts and times in the cookbook, use Cookmatic Level 3. Charts in the cookbook are not used with Accu-Thaw.

The number of frozen convenience foods available in today's market is endless. This makes it almost impossible to include preparation instructions for all of them in this guide! Since most

frozen convenience foods packages include microwave preparation instructions, you should follow those package instructions when defrosting and heating frozen convenience foods in your microwave oven. This defrosting guide includes several instructions for defrosting meat, poultry, and fish by time. If you would prefer to defrost these foods by weight, see "Defrosting by Weight Using Automatic Programs," page 15. Use the defrost times in this section as a guideline for how long it will take to defrost by weight.

FROZEN BEVERAGE DEFROSTING CHART

| TYPE OF BEVERAGE | CARTON OR CAN SIZE | UTENSIL* | HEATING TIME | SETTING | SPECIAL INSTRUCTIONS |
|--------------------------|--------------------|------------------------------------|----------------------|------------|---|
| Frozen Juice Concentrate | 6 oz. can | 1-quart casserole or glass measure | 35 to 45 sec. | Full Power | Place frozen juice concentrate in utensil. Heat, according to time and setting, or until defrosted. If necessary, continue stirring until mixture is melted and smooth. |
| | 12 oz. can | 2-quart casserole or glass measure | 1 to 1 min., 30 sec. | Full Power | |
| | 16 oz. can | 2½-quart casserole | 2 to 2 min., 30 sec. | Full Power | |
| Frozen Non-Dairy Creamer | 1 pint carton | Defrost in carton | 12 to 15 min. | Defrost** | Open carton. Defrost according to time and setting, or until defrosted. Shake or stir occasionally during defrosting time. |

*Frozen juice concentrate can be placed directly in the serving pitcher and heated in the microwave oven. Be certain the pitcher is microwave oven-safe and fits inside the microwave oven.

**For more information regarding defrosting, see above.

| BREAD TYPE | PKG. SIZE | DEFROSTING TIME* |
|---------------------|--------------|------------------------------------|
| Frozen Coffee Cakes | 9 to 10 oz. | 3 to 4 min. |
| | 11 to 12 oz. | 3 min., 30 sec. to 4 min., 30 sec. |
| Frozen Croissants | 6 to 9 oz. | 5 to 6 min., 30 sec. |
| Frozen Danish Rolls | 7 to 9 oz. | 4 to 5 min. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Bread

Remove coffee cake or rolls from the container, if metal. Place on plastic rack or paper plate. Cover with a paper towel.

FROZEN CONVENIENCE BREAD DEFROSTING CHART

| BREAD TYPE | PKG. SIZE | DEFROSTING TIME* | SPECIAL INSTRUCTIONS |
|--------------------------------|--------------------|------------------------------------|--|
| Frozen Bread Dough | 1 lb. loaf | 9 to 11 min. | Wrap dough loosely in waxed paper. Turn over halfway through defrosting time. Bake bread dough conventionally. |
| Frozen Cinnamon Roll Dough | 25 to 27 oz. | 10 to 12 min. | Place rolls in greased 9 x 2-inch round dish. Cover loosely with waxed paper. |
| Frozen Dinner Roll Dough | 15 oz. | 7 min., 30 sec. to 8 min., 30 sec. | Place rolls in greased 9 x 2-inch round dish. Cover loosely with waxed paper. |
| Frozen Donuts | 2 donuts | 1 min., 45 sec. to 2 min., 15 sec. | Place donuts on plastic rack or paper plate. Cover with paper towel. |
| | 4 donuts | 2 min., 45 sec. to 3 min., 15 sec. | |
| Frozen French or Vienna Bread | 1 lb. loaf | 4 min., 30 sec. to 5 min., 30 sec. | |
| Frozen French Toast (4 slices) | 9 oz. pkg. | 4 to 5 min. | Place slices on plastic rack, paper plate or paper towel. Cover with paper towel. |
| Frozen Jelly Donuts | 2 donuts | 2 min., 45 sec. to 3 min., 15 sec. | Place donuts on plastic rack or paper plate. Cover with paper towel. |
| | 4 donuts | 4 to 5 min. | |
| Frozen Sandwich Bread Loaf | 1½ lb. loaf | 4 min., 30 sec. to 5 min., 30 sec. | |
| Frozen Sweet Rolls | 2 individual rolls | 2 min., 45 sec. to 3 min., 15 sec. | Place rolls on plastic rack or paper plate. Cover with paper towel. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Frozen Convenience Breads

1. Read the "Special Instructions" on the chart before defrosting frozen convenience bread.
2. If defrosting only, not reheating bread loaves, defrost until still cold in center. Allow to stand until defrosted. Reheat only as much bread as is needed at each meal.

FROZEN FISH AND SEAFOOD DEFROSTING CHART

| TYPE | PKG. SIZE | DEFROSTING TIME* | SPECIAL INSTRUCTIONS |
|---|------------------|-------------------------|---|
| Crab Claws or Legs | 12 oz. | 7 to 10 min. | Rearrange halfway through defrosting time. |
| Crab Meat | 6 oz. | 4 to 5 min. | Stir halfway through defrosting time. |
| Fillets, Flounder, Cod, Sole, Haddock, etc. | 16 oz. | 9 to 12 min. | Turn fillets over halfway through defrosting time. |
| Lobster Tail | 16 oz. | 9 to 12 min. | Wrap in plastic wrap or waxed paper. Turn over halfway through defrosting time. |
| Shrimp | 12 oz. | 7 to 10 min. | Turn over halfway through defrosting time. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Fish and Seafood

1. Read the "Special Instructions" on the chart before defrosting frozen fish and seafood.
2. Place frozen seafood in glass casserole or utility dish. Cover loosely with plastic wrap or waxed paper.
3. Defrosted seafood should stand for a short period of time before cooking to be certain the seafood is totally defrosted. Larger seafood pieces can be held under cold running water, if necessary, to finish the defrosting process, or to allow still-frozen fillets to be separated. Fish and seafood should be totally defrosted before cooking, so that cooking will be done evenly.

FROZEN FRUIT DEFROSTING CHART

| PACKAGE SIZE | UTENSIL | DEFROSTING TIME* |
|---------------------|--------------------|-------------------------|
| 10 oz. | 1-quart casserole | 7 to 9 min. |
| 20 oz. | 1½-quart casserole | 12 to 15 min. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Fruit

1. Place the fruit in the utensil recommended on the chart. Cover the fruit with a glass lid or plastic wrap.
2. Defrost, according to the time recommended on the chart. Stir the fruit halfway through the defrost time to break the fruit apart and rearrange.

FROZEN SMALL SIZE MEAT DEFROSTING CHART

| MEAT TYPE | WEIGHT | DEFROSTING TIME* | SPECIAL INSTRUCTIONS |
|----------------------------|---------------|-------------------------|---|
| Bacon | 16 oz. | 6 to 8 min. | Turn over halfway through defrosting time. |
| Bratwurst | 16 oz. | 12 to 15 min. | Turn over halfway through defrosting time. |
| Chops | 16 oz. | 12 to 15 min. | Turn over halfway through defrosting time. |
| Frankfurters | 12 oz. | 7 to 9 min. | Turn over halfway through defrosting time. |
| | 16 oz. | 9 to 11 min. | |
| Ground Beef, Pork, or Lamb | | | |
| Bulk | 16 oz. | 12 to 15 min. | Turn over halfway through defrosting time. |
| Patties | 16 oz. | 11 to 14 min. | Arrange in circle. Turn over halfway through defrosting time. |
| Sausage | 12 oz. | 7 to 9 min. | Turn over halfway through defrosting time. |
| Steaks (beef) | 16 oz. | 12 to 15 min. | Turn over halfway through defrosting time. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Small Size Meat

1. Read the "Special Instructions" on the chart before defrosting frozen small meat items.
2. Defrost, according to the time recommended on the chart.

FROZEN ROAST DEFROSTING CHART

| WEIGHT | DEFROSTING TIME** | SPECIAL INSTRUCTIONS |
|--------------|-------------------|--|
| Under 3 lbs. | 13 to 15 min./lb. | Turn over halfway through defrosting time. |
| 3 to 6 lbs. | 15 to 17 min./lb. | Turn over after 5 minutes and halfway through remaining defrosting time. Let stand to finish defrosting if not completely defrosted. |

*The "Frozen Roast Defrosting Chart" lists defrosting times for roasts, in terms of minutes-per-pound.

**For more information regarding defrosting, see page 10.

General Instructions for Defrosting Roasts or Large Cuts of Meat

1. Read the "Special Instructions" on the chart before defrosting frozen roasts.
2. Place meat on cooking grill and cover with plastic wrap or place in heavy-duty plastic roasting bag in 2-quart utility dish.
3. Defrost, according to the time recommended on the chart. For example, if a roast weighs 2 pounds, defrost it for 13 minutes per pound, or 26 minutes on the defrost setting.

$$2 \text{ lbs.} \times 13 \text{ min./lb.} = 26 \text{ minutes}$$

4. Thicker cuts of meat weighing between 2 to 3 pounds should be defrosted for 15 minutes per pound, rather than 13 minutes per pound.
5. Larger roasts may need a standing time before cooking to allow completion of the defrosting process.
6. To cook a roast immediately after defrosting in one automatic process, see the charts and information in the cookbook that came with your oven.

FROZEN MAIN DISH DEFROSTING AND COOKING CHART

| DISH SIZE | DEFROSTING TIME* | COOKING TIME** ON FULL POWER |
|-----------|----------------------------------|------------------------------|
| 1-quart | 35 to 45 min. | 5 to 7 min. |
| 1½-quart | 45 to 55 min. | 6 to 9 min. |
| 2-quart | 1 hr., 5 min. to 1 hr., 15 min. | 7 to 10 min. |
| 3-quart | 1 hr., 45 min. to 1 hr., 55 min. | 9 to 13 min. |

*For more information regarding defrosting, see page 10.

**When heating casseroles on Full Power, stir halfway through the cooking time.

General Instructions for Defrosting and Cooking Frozen Main Dishes

1. Select the defrosting and cooking instructions, according to the size of dish in which your frozen main dish is being cooked. Cover the dish with a glass lid or plastic wrap.
2. Defrost and cook, according to the times recommended on the chart.
3. After defrosting, you may wish to cook the main dish to 150°F using the Automatic Temperature Control System. You will not need to set an amount of cooking time since the Automatic Temperature Control System will determine when the main dish has finished cooking. Insert the temperature probe into the center of the main dish. Cover the dish with a glass lid or plastic wrap. Cook in the microwave oven on Full Power to the final temperature of 150°F. Stir halfway through the cooking time. For more information about the Automatic Temperature Control System, see pages 17-18.

FROZEN TURKEY ROAST DEFROSTING AND COOKING CHART

| ROAST SIZE | UTENSIL | DEFROSTING TIME* | COOKING TIME ON FULL POWER |
|------------|-----------------------------|----------------------------------|----------------------------|
| 2 lb. | 9 x 5 x 2-inch utility dish | 55 to 60 min. | 15 to 20 min. |
| 3 lb. | 2-quart utility dish | 1 hr., 10 min. to 1 hr., 15 min. | 25 to 30 min. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting and Cooking Frozen Turkey Roasts

1. Remove the frozen roast from the metal container. Place it in the glass utensil listed on chart. Cover loosely with plastic wrap.
2. Defrost and cook, according to the times recommended on the chart.
3. After defrosting, you may wish to cook the roast to 170°F using the Automatic Temperature Control System. You will not need to set an amount of cooking time since the automatic temperature control system will determine when the roast has finished cooking. Insert the temperature probe into the center of the roast through the plastic wrap, thereby piercing the plastic wrap. Cook in the microwave oven on Full Power to the final temperature of 170°F. Turn roast over halfway through cooking time. For more information about the Automatic Temperature Control System, see pages 17-18.

FROZEN POULTRY DEFROSTING CHART*

| WEIGHT & SIZE OF POULTRY | DEFROSTING TIME** | SPECIAL INSTRUCTIONS |
|--|-------------------|---|
| Pieces | | |
| 3 lbs. or less: package is less than 1-inch thick | 11 to 14 min./lb. | Turn over halfway through defrosting time. |
| 3 lbs. or more: package is greater than 1-inch thick | 13 to 15 min./lb. | Turn over halfway through defrosting time. |
| Whole | | |
| 1 to 5 lbs. | 13 to 15 min./lb. | Turn over halfway through defrosting time. |
| 5 to 8 lbs. | 13 to 15 min./lb. | Turn over after 5 minutes and halfway through the remaining defrosting time. Soak in cool water if not completely defrosted. |
| 8 to 10 lbs. | 13 to 15 min./lb. | Turn over every 5 minutes during the first 15 minutes and twice during the remaining defrosting time. Soak in cool water if not completely defrosted. |
| 10 to 15 lbs. | 13 to 15 min./lb. | Turn over every 5 minutes during the first 20 minutes and 3 times during the remaining defrosting time. |

*The "Frozen Poultry Defrosting Chart" lists defrosting times for all types of poultry, in terms of minutes-per-pound. The chart applies to Cornish hens, capon, duck and individual poultry pieces, as well as to whole chicken and turkey. For best results when defrosting, be sure to consider the general hints.

**For more information regarding defrosting, see page 10.

General Instructions for Defrosting Poultry

1. Read the "Special Instructions" on the chart before defrosting frozen poultry.
2. Place the frozen poultry on a plate or cooking grill. Cover with plastic wrap. Remove all metal pieces, if possible.
3. You may wish to cover the wing tips, the narrow part of the legs, and the high point of the breast bone and back with small strips of foil to prevent them from dehydrating and cooking.
4. If the item takes longer than 99 minutes 99 seconds to defrost, manually enter any remaining time on power level 1.

| CAKE TYPE | SIZE | DEFROSTING TIME* |
|------------|--------------|------------------------------------|
| Cake | 12 to 14 oz. | 3 to 4 min. |
| | 16 to 18 oz. | 4 to 5 min. |
| Pound Cake | 10 to 11 oz. | 3 min., 30 sec. to 4 min., 30 sec. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Frozen Cakes

1. Remove the cake from the container, if metal. Place on a plastic rack or a paper plate. Cover with a paper towel, if not frosted.
2. Defrost, according to the time recommended on the chart. Do not melt the frosting.

FROZEN BAKED PIE DEFROSTING CHART

| SIZE OF PIE | DEFROSTING TIME* |
|-----------------------|------------------|
| 8-inch (20 to 30 oz.) | 10 to 15 min. |
| 9-inch (30 to 40 oz.) | 20 to 25 min. |

*For more information regarding defrosting, see page 10.

General Instructions for Defrosting Frozen Baked Pies

1. Pies need to be cooked before freezing. In all recipes, the bottom crust needs to be cooked before the filling is added. This is necessary to achieve a completely cooked flaky bottom crust. Purchased frozen pies are usually unbaked. For good results, bake these pies conventionally and then freeze. Later the frozen pies can be transferred to glass pie plates and quickly defrosted in the microwave oven. When baking pies "from scratch" bake them in glass pie plates and then freeze. Or, bake two pies, eat one and freeze the other for later use.
2. Place cooked frozen pie in glass pie plate. Do not cover. Defrost, according to the time recommended on the chart.

DEFROSTING BY WEIGHT USING AUTOMATIC DEFROST PROGRAMS

This feature allows you to use the Meat, Poultry or Fish defrost pads to defrost each of the foods by weight. Each program is specially designed to defrost quickly with optimum results. The oven will automatically select the time and power levels to defrost the food.

The microwave energy will cycle on and off to allow uniform defrosting with little or no cooking on the exterior. Meats, poultry, and fish need to be completely defrosted before cooking to prevent uneven cooking.

TO DEFROST BY WEIGHT

1. Place the food in the oven and close the door. If food is inside plastic bag, slit the bag to allow steam to escape.
2. Press **STOP/RESET** to clear display.
3. Press the desired weight defrost pad, **MEAT, POULTRY, or FISH**. A "P", "O" and "DEFR" will be displayed.
4. Enter the weight of the food in pounds and tenths of pounds. (See chart on page 16 to convert ounces to tenths of pounds.) To enter 1.5 pounds, press **1,5,0**. 1P:50 and "DEFR" will be displayed.
5. Press **START** and the oven will operate. The calculated defrost time and "DEFR" will be displayed. "POWER" will flash on and off as microwave energy cycles on and off.
6. The oven will stop and sound a signal when the defrost time is complete.

The Weight Defrost can be used for food ranging in weight from 0.1 pounds to 9.99 pounds. (Refer to chart below.)

| Food | Item | Max. Weight |
|---------|---|-------------|
| MEAT | Ground meats, roast, ribs, stew meats, chops, steaks, frankfurters, ham | 9.99 lbs. |
| POULTRY | Whole or cut-up chicken, whole cornish hens, whole turkey | 9.99 lbs. |
| FISH | Shrimp, sea scallops, whole fish | 9.99 lb. |

Follow this chart to convert ounces and hundredths of a pound into tenths of a pound.

| PACKAGE WEIGHTS | | PROGRAMMING WEIGHT |
|-----------------|-----------------------|--------------------|
| OUNCES | HUNDREDTHS OF A POUND | TENTHS OF A POUND |
| 0 - 1/2 | .00-.05 | 0.0 |
| 1 - 2 | .06-.15 | 0.1 |
| 2 1/2 - 4 | .16-.25 | 0.2 |
| 4 1/2 - 5 1/2 | .26-.35 | 0.3 |
| 6 - 7 | .36-.45 | 0.4 |
| 7 1/2 - 8 1/2 | .46-.55 | 0.5 |
| 9 - 10 | .56-.65 | 0.6 |
| 10 1/2 - 12 | .66-.75 | 0.7 |
| 12 1/2 - 13 1/2 | .76-.85 | 0.8 |
| 14 - 15 1/2 | .86-.95 | 0.9 |

Note: If a roast weighs 3.95 pounds or 3 pounds 14 ounces, program 3.9 pounds. If a roast weight 3.99 pounds, or 4 pounds 0 ounces, program 4 pounds (4.0).

USING TWO COOKING PROGRAMS

Your oven can be programmed to first defrost a food product by time using ACCU-THAW or to defrost a meat, poultry or fish product

by weight. Second, the food can be programmed to cook, all with one set of instructions.

TO DEFROST BY WEIGHT, THEN COOK

1. Place the food in the oven and close the door. If food is inside a plastic bag, slit the bag to allow steam to escape.
2. Press **STOP/RESET** to clear the display.
3. Press the desired weight defrost pad **MEAT, POULTRY, or FISH**. A "P", "0", and "DEFRO" will be displayed.
4. Enter the weight of the food in pounds and tenths of pounds. To enter 2.7 pounds, press **2, 7, 0**. 2P:70 and "DEFRO" will be displayed.
5. Press **TIME ENTRY**. "MICRO" and "0" will be displayed.
6. Enter the desired cooking time. The cooking time will appear.
7. To cook at a Cookmatic power level other than full power, press **COOKMATIC LEVEL**.
8. Press the number for the desired Cookmatic level. The number will appear in the display. For example, to cook at cook level 4, press 4 which is 40% of full power.
9. Press **START** and the oven will operate beginning with the calculated defrost time. "DEFRO" will be displayed. "POWER" will flash on and off as microwave energy cycles on and off. After the defrost program is completed, the oven will automatically begin cooking the food for the programmed cooking time.
10. The oven will stop and sound a signal when the cooking cycle is complete.

TO DEFROST BY TIME USING ACCU-THAW, THEN COOK

1. Place the food in the oven and close the door. If food is inside a plastic bag, slit the bag to allow steam to escape.
2. Press **STOP/RESET** to clear the display.
3. Press **ACCU-THAW**. "0" and "DEFRO" will be displayed.
4. Enter the desired defrosting time. The defrost time will appear.
5. Press **TIME ENTRY**. "MICRO" and "0" will be displayed.
6. Enter the desired cooking time. The cooking time will appear in the display.
7. To cook at a Cookmatic power level other than full power press **COOKMATIC LEVEL**.
8. Press the number for the desired Cookmatic level. The number will appear in the display. For example, to cook at level 4, press 4 which is 40% of full power.
9. Press **START** and the oven will operate beginning with the defrost time. "DEFRO" will be displayed. "POWER" will flash on and off as microwave energy cycles on and off. After the defrost program is completed, the oven will automatically begin cooking the food for the programmed cooking time.
10. The oven will stop and sound a signal when the cooking cycle is complete.

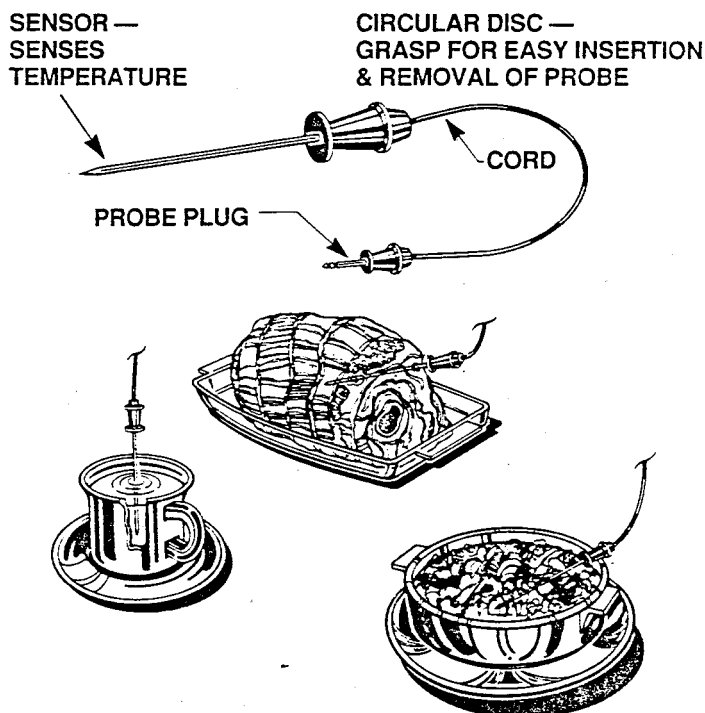
USING THE AUTOMATIC TEMPERATURE CONTROL SYSTEM

Read these special hints first.

Use the automatic temperature control system to cook foods, especially meats, to a precise temperature. It can also be used for reheating leftovers, warming soups and beverages and many other tasks. You can hold a casserole, fondue, meat or almost any other food at serving temperature for even the latest of the late-arrivals.

1. **Do not use the temperature probe to cook candies.** The highest temperature sensed by the probe is 190°F, while most candies require temperatures of 230°F or higher.
2. **Insert the temperature probe as shown at right:**
Meats — Insert probe sensor tip in the thickest lean section, halfway between the center and the exterior, but away from fat and bone.
Casseroles, Leftovers, Beverages — Insert probe sensor tip in center.
3. **Be sure probe is securely inserted into food.** If the probe accidentally falls out of food, air temperature will be sensed and food will not cook properly. The probe could become damaged.
4. **Do not use the probe with foil or other metal.** Arcing could result. If the recipe suggests using foil, do not use the probe.
5. **Do not operate the oven if probe is caught in oven door.**
6. **Do not use the automatic temperature control system when cooking different foods at the same time.** Different foods cook at different speeds, and the results may be unsatisfactory.
7. **Do not force the temperature probe into frozen food.** The sensor tip could be damaged or the probe could break.
8. **Use a hot pad to remove the hot temperature probe.** During cooking, the probe could become hot enough to burn you.

9. **Always remove the probe after use.** Do not store it in the oven. Keep it in a place where it won't become lost or damaged.
10. **Wash the probe with hot, soapy water.** Do not immerse the probe plug in water nor wash in an automatic dishwasher. Rinse and dry probe thoroughly.



COOKING TO TEMPERATURE OR HOLDING AT TEMPERATURE

The Temperature-Hold feature is designed to operate when the set temperature is 140°F or above. Food such as cooked meat, poultry or fish should be held at 140°F or above to prevent the growth of bacteria or the production of toxins. The temperature probe will sense temperatures between 95°F-190°F.

1. **Read the rules and hints above.**
2. **Place food in oven. Insert temperature probe tip into food, insert probe plug into right oven interior wall near the back and close oven door.**
3. Press **STOP/RESET** to clear the display.
4. Press **ACCU-TEMP.** "MICRO," "F" and the current temperature of the food will be displayed. **Note:** If the actual temperature of the food is less than 95°F, 95°F will be displayed.
5. **Press the number pad corresponding with the desired end temperature you would like.** For example, if you want to cook a roast to 150°F, press pad **5**. "150F" and "MICRO" will be displayed. See chart for programmable temperatures.
6. **If you want to cook at a lower Cookmatic level, press COOKMATIC LEVEL pad.** "COOK LEVEL" will be displayed.
7. **Press the number pad for the desired Cookmatic power level.** For example, to cook on Cookmatic level 4, press the number 4. It will now be displayed.
8. Press **START** and the oven will operate. (You don't program cooking time because the oven will cook to temperature only.) "POWER" will be displayed. If a lower Cookmatic power level is chosen, "POWER" will flash on and off as microwave energy cycles on and off.

9. **When set temperature is reached, the oven will sound a signal.** If the set temperature is 139°F or lower, the oven will automatically stop when the temperature is reached. **AUTOMATIC HOLD** — If the set temperature is 140°F or higher, the oven will automatically "hold" food at that temperature for 60 minutes or until you press **STOP/RESET**. If you stop and restart the oven during the hold period, the timing of the 60 minutes will begin again.
10. When cooking is finished, **press STOP/RESET twice** to return to the time of day. Remove probe from the oven.

Each pad (1-9) is programmed to cook to each of these specific end temperatures.

| Pad Number | Programmed Temperature |
|------------|------------------------|
| 1 | 110°F |
| 2 | 120°F |
| 3 | 130°F |
| 4 | 140°F |
| 5 | 150°F |
| 6 | 160°F |
| 7 | 170°F |
| 8 | 180°F |
| 9 | 190°F |

USING THE TEMPERATURE PROBE WITHOUT COOKING

You can use the temperature probe as a thermometer, even when the oven isn't cooking. For example, you may want to see if tap water is warm enough to soften dry yeast (105°F to 115°F), or if food is less than serving temperature (less than 140°F).

1. Place food or water item in the oven.
2. Insert temperature probe tip into item and probe plug into oven cavity wall receptacle.

INSTANT REPLAY

Your oven has "instant replay" features that let you ask questions about what you've programmed.

When cooking by time and/or temperature:

1. Press **CLOCK** to see what time of day it is.
2. Press **CLOCK** again to display the remaining cooking time or temperature.

HOW TO CHANGE TIME AND COOKMATIC POWER LEVELS FOR PREPROGRAMMED FOOD PADS

The preprogrammed food pads are designed to cook specific amounts of each of the listed foods (see page 8) to serving temperature. However, you may find it necessary to change the preprogrammed time on one or more of the pads to better fit your family's needs. For example, you may cook a 16 oz. package of vegetables more often than 10 oz. Or, you may pop 7 oz. large bags of popcorn more often than the regular 3.5 oz. bags.

Any of the ten pads can be reprogrammed to meet your needs.

NOTE: When reprogramming one of the multiple program pads MINI MEAL, SOUP, POTATO, or HOT DRINK, reprogram the oven for the time recommended to cook one serving. The oven will automatically calculate the time for cooking more than one serving.

1. Press **STOP/RESET** to clear the display.
2. Press **MEMORY SET**. A "P" will be displayed.
3. Press pad number **0-9** that you would like to change. The current heating time, Cookmatic level, and "MICRO" will be displayed.
4. Press **TIME ENTRY**. "0" will appear in the display.

USING THE LOCKOUT AND CUSTOM LOCK FEATURE

The lockout feature can be easily programmed to disable the key pads so the microwave oven cannot be used. This feature can prevent small children from accidentally programming or starting the oven. The custom lock feature is designed to lock all of the key pads except one preprogrammed pad. For example, if you would like access to only the popcorn pad, the custom lock feature would disable the other pads from operating, allowing only the popcorn pad to operate.

To Program the Lockout Feature:

1. Press **LOCK**. "0" will be displayed.
2. Enter **1, 3, 5, 7** in that order.
3. Press **LOCK** again. "LOC" will be displayed for a few seconds. The time of day and a "L" (indicating the pads are in the lockout position) will then be displayed. If a pad is pressed while in the lockout mode, "LOC" will be displayed for a second.

To Exit the Lockout Mode:

1. Press **LOCK**. "0" will be displayed.
2. Enter **1, 3, 5, 7** in that order.
3. Press **LOCK** again. The time of day (if programmed) will be displayed.

3. Press **ACCU-TEMP**. The number displayed is the actual temperature of the item.
4. Remove probe and press **STOP/RESET** twice to return display to the time of day.

When using the timer while cooking by time or temperature:

1. Press **CLOCK** to see what time of day it is.
2. Press **CLOCK** again to display the remaining time or temperature.
3. Press **TIMER** to display remaining time on timer.

5. Enter the new heating time. The new time will appear in the display.
6. To cook on a power level other than the full power, press **COOKMATIC LEVEL**. "COOK LEVEL" will be displayed.
7. Enter the desired Cookmatic power level. For example, to cook on Cook Level 5, press 5. The new power level will be displayed.
8. Press **MEMORY SET** to lock the new instructions into the preprogrammed pad. A "P" will be displayed.
NOTE: If the cooking time and/or Cookmatic power level is changed on the MINI MEAL, SOUP, POTATO, or HOT DRINK pads, the change will be for one serving only. The oven will automatically calculate the change for servings 2, 3, 4 and so on. For example, if you decide to change the time for one potato from 3:30 to 3:00 the oven will calculate the amount of time to cook 8 potatoes.
9. To change other preprogrammed pads, return to step 3.
10. To exit this mode, press **STOP/RESET**. The time of day will be displayed.

The oven memory will retain your preferred times if power is interrupted.

To Program the Custom Lock Feature:

1. Press **LOCK**. "0" will be displayed.
2. Enter **2, 4, 6, 8** in that order.
3. Press the preprogrammed pad you would like to have access to. For example, if you would like to have access to the popcorn pad only, press 9. A "9" will be displayed.
4. Press **LOCK**. "LOC" will be displayed for a few seconds. Then, the time of day, the pad number you have access to, (in our example, pad 9) and "READY" will be displayed. This indicates that pad 9 is ready to be used. If a pad is pressed other than the pad you have access to, "LOC" will be displayed for a second.

To Exit the Custom Lock Mode:

1. Press **LOCK**. "0" will be displayed.
2. Enter **2, 4, 6, 8**. "READY" will be displayed.
3. Press **LOCK** again. The time of day (if programmed) will be displayed.

TRY IT! USING THE OVEN RACK

The oven rack may be used to double the amount of food placed in your oven. To install the rack in the oven, open the oven door as wide as possible and place the rack in the rack supports located on the left and right sides of the oven interior. To clean the rack, wipe it with a soft sponge or cloth dampened with mild, sudsy water, or hand-wash in sink. Do not wash in a dishwasher or use harsh, abrasive cleanser.

Placement of food

Dishes may be placed on the floor and rack. Space must be allowed between foods for proper cooking results.

The following dish sizes will fit together on either the oven rack or floor with the rack in place:

- 9 x 5 x 2-inch loaf dish and 1-quart utility dish
- 9 x 5 x 2-inch loaf dish and 1-quart covered casserole
- 1½-quart covered casserole
- 1½-quart round cake dish or pie plate

Do not use a browning skillet on the rack. Heat from the skillet could damage the rack and oven interior.

Reheating

Plates of food may be easily reheated in the oven. Leftovers taste as good as they did the first time! Place one plate above the other. Heat at Full Power and switch plate positions halfway through cooking time. For best results cover plates loosely with plastic wrap.

Defrosting

Baked products may be defrosted on the rack. Donuts, breads, cakes and sandwiches may become soggy if placed on the oven floor while defrosting. Refer to the cookbook that came with this oven or the Accu-Thaw charts in this manual for approximate defrosting times.

Cooking a Meal

To cook a meal, select foods which cook well at Full Power. Foods that have the longest cooking times should be placed on the rack. Arrange other food on the oven floor.

NOTE: Rack should not be in oven unless as needed for the multiple meal concept.

MAINTENANCE — CLEANING THE OVEN

To Clean The Oven and Door Interior

If the inside walls, floor, door and splatter shield at the top of the oven should become splattered, simply wipe them with a paper towel or clean with a mild detergent in warm water using a soft sponge or cloth. If desired, a cup of water can be boiled in the oven to loosen soil before cleaning. After boiling the water, allow the water vapor to settle on the oven walls and soften the soil for several minutes before you open the door.

Do not use an abrasive to clean the inside. It might damage the finish. Never pour water into the bottom of the oven.

To Clean The Splatter Shield Inside Oven

The splatter shield keeps the top of the oven and antenna from getting dirty. Normally, a damp cloth will remove any splatter from the shield. However, if you want to clean it more thoroughly, remove the splatter shield. Be careful not to bend the antenna when removing the splatter shield. The shield snaps into a lip in the front of the oven and three slots in the back wall. Place your thumbs in the two indentations in the front of the shield. Press lightly toward the back and carefully lower the shield away from the antenna. Pull the shield out of the back slots and out of the oven.

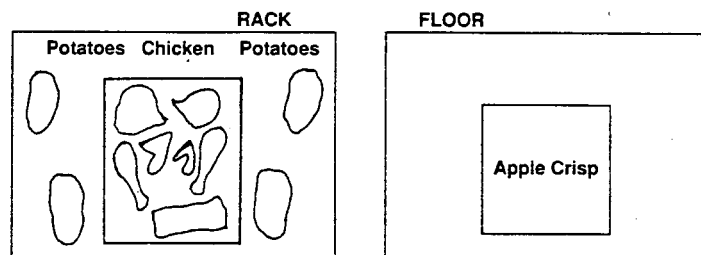
Wash the shield in hot soapy water. Do not wash in a dishwasher. Do not use harsh or abrasive cleansers. When replacing, again

To estimate total cooking time, add recommended times for each food from the cookbook. Cook for half of total time. Reverse position of foods from rack to floor. Cook for remaining time, checking for doneness 3 to 5 minutes before end of estimated time.

Sample meal for four:

| <u>Menu</u> | <u>Estimated Time</u> |
|------------------------|-----------------------|
| Baked Chicken, covered | 21 minutes |
| Bake potatoes, pierced | 12 minutes |
| Apple crisp | 11 minutes |

Food Placement:



Other Meats and Main dishes that may work well are Whole Chicken, Macaroni and Cheese, Turkey breasts or Sausages.

PRECAUTIONS

TO AVOID DAMAGE TO OVEN CAVITY FINISH:

- USE RACK ONLY ACCORDING TO INSTRUCTIONS IN THIS USE AND CARE MANUAL
- WHEN USING THE RACK, IT MUST BE FULLY ENGAGED IN RACK SUPPORTS BEFORE OPERATING OVEN
- WHEN INSTALLED, RACK MUST NOT TOUCH THE OVEN CAVITY WALLS
- DO NOT LAY RACK ON BOTTOM OF OVEN
- DO NOT STORE RACK IN OVEN. KEEP IT IN A PLACE WHERE IT WON'T BECOME LOST OR DAMAGED.

be careful not to bend the antenna. To replace, fit shield tabs into the three slots at the top of the back. Lift front until shield snaps into place.

To check antenna operation, place a glass or cup of water in the unit, close the door and start the unit. A rotating shadow should be visible above the splatter shield.

To Clean The Temperature Probe wash the metal probe in hot soapy water. Do not immerse the probe or wires in water. Do not wash probe in dishwasher.

To Clean The Oven Exterior, use a soft sponge or cloth dampened with mild, sudsy water. Do not use abrasive cleaners.

To Clean The Discharge Air Vents. There will be a light buildup of cooking vapors along the discharge louvers in the back of the oven on the right hand side. Clean the air vent with a damp cloth.

Always Keep the Control Panel Clean

To clean the control panel, wipe with a damp cloth or sponge. If the time of day is accidentally erased from the control, press

STOP/RESET then set the correct time of day.

HOW TO CHANGE THE OVEN LIGHT

The lightbulb for the inside of the oven can be changed only from the back. On the upper left hand side of the oven back is a metal plate with one screw. The lightbulb is located behind this plate.

Follow these steps to change the bulb:

- Unplug the oven from the electrical outlet.
- Facing the oven back, remove the screw and remove the plate.
- To remove the bulb, turn it counterclockwise, being careful not to burn fingers or break the bulb.
- Replace the bulb with a 40 watt, 115-125 volt appliance bulb, which can be purchased at grocery or hardware stores. To replace bulb, turn it clockwise.

- Reposition the plate, being careful not to bend the hinge tab. Replace and tighten the screw. Do not operate the oven without having the plate in place.
- Connect the oven to power outlet.



To remove bulb
turn in the direction shown.

BEFORE YOU CALL FOR SERVICE

Be sure you have read and followed the operating instructions. Avoid unnecessary service calls. The electronic control module used in this microwave oven is the finest in versatility, quality and reliability. In many cases, a customer call for module timer service is caused by conditions other than failure of the controls. That's why you should read the following before calling for service.



NOTE: A Power Interruption Signal (dash lines) will appear in the display whenever the oven is initially plugged into an electrical outlet. The lines will also appear whenever electrical power to the oven has been interrupted and then restored. When you see these lines, simply set the clock.

IF THE READOUT DISPLAY DOESN'T-LIGHT UP:

- Is the oven plugged securely into the proper power outlet?
- Is a fuse blown or circuit breaker open?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE READOUT APPEARS WRONG:

- Did you remember to press **STOP/RESET** before programming the oven?
- Have you (or someone else) pressed the controls after cooking has started?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE CONTROL WILL NOT ACCEPT YOUR INSTRUCTIONS:

- For cooking to temperature, check to see if the probe jack is securely inserted into the oven receptacle. (Review explanation, page 17).
- For cooking by time, if the condition remains unchanged, perform the steps listed in the box on this page.

IF ANOTHER FEATURE DOESN'T APPEAR TO BE OPERATING CORRECTLY:

- Have you followed the use and care instructions exactly? Review them to be sure.
- Did you press **STOP/RESET** twice before programming the oven?
- Is the oven plugged into a properly grounded and polarized outlet as described in the grounding instructions (page 4)? Improper installation can result in erratic operation.
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF MICROWAVE POWER WON'T COME ON:

- Did you press **START**?
- Is the oven door securely closed?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE OVEN LIGHT PULSES DIMMER, THEN BRIGHTER:

- Is the line voltage to your home low or lower than usual? (The power company in your area should be able to tell you if there is low voltage to your home.)

If condition remains unchanged, please perform the following steps:

- Check to see if a fuse or circuit breaker is open.
- Unplug the oven.
- Reconnect the oven to the wall outlet. Dash lines will appear in the display.
- Press **STOP/RESET**. (Dash lines will disappear.)

YOUR OVEN MUST BE ON A GROUNDED, POLARIZED CIRCUIT.

IF ROOM LIGHTS DIM OR PULSE DIMMER, THEN BRIGHTER WHEN THE OVEN IS IN USE:

- Is the microwave oven on a separate circuit? (Review grounding instructions on page 4.)

IF THE TEMPERATURE PROBE APPEARS NOT TO FUNCTION CORRECTLY:

- Is the probe jack securely inserted into the receptacle? This tells the oven that it is about to be set to cook to temperature.
- Is the food you're attempting to heat already hotter than the temperature you've programmed?
- Is the food completely defrosted?
- Has the probe been accidentally left in the oven when cooking by a method other than temperature cooking? The probe could be destroyed by leaving it in the oven when cooking by a method other than temperature cooking.

IF FOOD IS OVERCOOKED:

- Did you remember to program the correct cooking power level? (Review instructions, page 9.)

IF FOOD IS UNDERCOOKED:

- Are there other energy-consuming appliances on the same circuit as the microwave oven? (Review grounding instructions, page 4.)
- Is the line voltage to your home low or lower than usual? (The power company in your area should be able to tell you if there is low voltage to your home.)
- Did you remember to program the correct cooking power level? (Review instructions, page 9.)